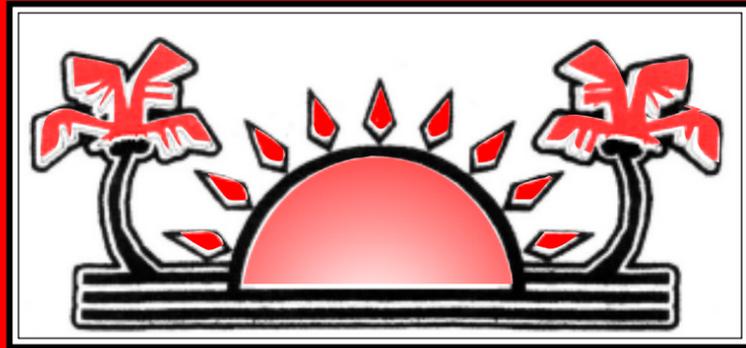


THE SAN PEDRO SUN VISITOR GUIDE

August 31, 2006

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America



Consumers' Delight:

- * Great Java at Island Perk
- * Excellent Dining at Caliente and Papi's... plus, discovering the delights of the Cashew!



Reservations: 501-226-2012
Fax: 501-226-2338
Email: reservations@tropicair.com
www.tropicair.com

Greetings to my visiting friends



taking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breath-

away. You will also be able to discover Belize's vast cave systems and many natural sanctuaries that are home to our country's unique flora and fauna.

Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

We welcome you with open arms. Bienvenidos a San Pedro!

*Elsa Paz, Mayor,
San Pedro Town*

The San Pedro Sun is mailed everywhere.

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Receive *The San Pedro Sun & Visitor Guide* weekly in your mailbox. 26 ISSUES (six months) US, Canada: \$50 U.S. Domestic: \$50 BZ. 52 ISSUES (one year) US, Canada: \$90 U.S. Domestic: \$90 BZ. (Other locations vary.)

More foreign subscribers than any newspaper in Belize!

Where did you read your San Pedro Sun?

Where did you take your *San Pedro Sun & Visitor Guide*?

Take a photo of you and the paper and send it to us at:

spsun@sanpedrosun.net



Sharon Metcalfe (AKA Sharon Stone/Blondie) took some well deserved weeks off and travelled home to Canada to be with her family. While there, our favorite Sushi chef took some fun pictures with *The San Pedro Sun*; one with the Ogoopogo, a legendary lake monster that lives in the Okanogan Lake, Kelowna British Columbia (B.C.), Canada.

The other is of the big Okanogan apple hot dog stand at Gyro Beach, Kelowna in B.C. Canada.



Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.



Island Perk - Get your Java on!

How do you enjoy your coffee? At Island Perk, the variations of the favorite pick me up are endless ... and available in an assortment of exciting flavors. Recently open as of August 12th, 2006, the locale, situated in front of Fido's Courtyard, is the perfect place to start the day.

Although everyone knows coffee as a hot drink, Island Perk has three different ways in which you can enjoy this favorite brew, especially on a hot Caribbean day. Hot, cold or frapped (blended with ice); server David Singh can prepare it any way so that you may enjoy it properly. However, enjoying your coffee with one or a combination of flavors makes the coffee experience even better. Try mixing your coffee with hazelnut, cherry, raspberry, or-

ange, caramel, Irish mint, or chocolate mint flavorings among others. It will certainly give the infusion a whole new spin.

The all time classics are of course available. For the perfect Americano, made with delicious Espresso, you have got to stop at Island Perk. Plus try all the various drinks not to mention the Espresso, mocha and cappuccinos. Have a regular, a grande or any way you want it.

The flavors mentioned above also come in alcoholic form (Perk It UP!). Adding a shot of your favorite liqueurs to your coffee will certainly bring a new taste to your traditional coffee. Island Perk gives coffee a completely new spin with the addition of the great Espressotini's. Owner Coleen



Hot, cold or frapped (blended with ice); server David Singh can prepare your coffee any way so that you may enjoy it properly. Plus with their new shipment of Italian syrups, there is a wider variety of flavors to choose from!

Creeden, stumbled across the recipe and decided to give it a try. Through trial and error, along with her own discriminating taste added to the mix, the Espressotinis are now a great hit at this

Continued on Page 5



ROJO LOUNGE

ROJO LOUNGE WILL BE
CLOSED FOR THE
MONTHS OF SEPTEMBER
AND OCTOBER.
WE WILL REOPEN
NOVEMBER 1ST.



AZUL

TRY OUR FAMOUS FROZEN MOJITOS AND OUR
NEW ROJO "ROJITIOS"
FEAST ON A FUSION OF FRESH TROPICAL DELIGHTS
LOCATED AT AZUL RESORT, 5 1/2 MILES NORTH
FOR INFORMATION AND RESERVATIONS CALL 226 4012

Dining Diversity



Tasty soups like the tomato based tortilla soup are delightful comfort foods. Also enjoyable is the ceviche, a medley of crunchy vegetables and seafood and do not forget to indulge in Caliente's famous margaritas!

Caliente

Through the years, mothers and grandmothers have passed down recipes for their tasty creations to their daughters while gathered in the family kitchen. With simple ingredients and whatever they had on hand, delectable and scrumptious meals were prepared.

If you are craving a home-cooked meal that will excite your taste buds, then treat yourself to the new flavors and secret family ingredients at Caliente. Located on the beach in the heart of San Pedro at the Spindrift Ho-

tel, Caliente offers stunning views of the Caribbean Sea when dining outside from one of their spacious patios. Or, enjoy the festive Mexican decor when dining inside.

Caribbean/Mexican cooking is not only flavorful, but flexible. While island cooking relies on basic ingredients cooked in simple ways, this innovative combination has made this restaurant a truly unique experience that leaves patrons coming for more. Their traditional foods, unique dishes and exotic recipes are a few reasons why Caliente restaurant stands out from others.

What could complement a tasty libation better than a tart, spicy ceviche? And, Caliente has more than you bargained for! Regular customers love the dishes served during lunch and dinner, whether it is poultry, seafood, meats or simply a delicious appetizer to complement Caliente's supreme margaritas.

Caliente – the place where Caribbean dishes with a Mexican flair are created daily.

Continued on Page 8

Dine Artfully Tonight ...



Tapas
Bar
Pastas
& Martini Lounge
South end San Pedro
226-4507

Language can link us with other cultures, no matter how foreign the tongue may be. In an effort to share this form of communication with our audience, *The San Pedro Sun* proudly presents – Words of the Week.



This week, we will present a few phrases in English and give you their Creole and Spanish translations.

Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

English
Creole
Spanish

Where are we going?
Da wehpaa wi gwehn?
¿Adonde vas?

English
Creole
Spanish

Come help us! Fire!
Unu kohn help wi! Faiya!
¡Fuego! ¡Vengan ayudarnos!

English
Creole
Spanish

Would you come with me, please?
Kohn wid mi noh?
¿Pudieras venir connigo, por favor?

Southwind PROPERTIES

Serving San Pedro since 1980!

We at **Southwind Properties** specialize in the listing & sale of fine island properties - Homes, Condos, Hotels, Commercial, Income-Producing Properties & Land for homes or large parcels for development. Be sure to meet with Marianne, Eduardo or Claudio to discuss your particular needs. **Southwind Properties** prides itself in being there full-time for full service and full disclosure for all your real estate needs. Call 226-2005/2060 or e-mail southwind@btl.net for more information.

Condos/Homes & Commercial Property

Coral Bay Villas- 1 bedrm/1 bath condos, fully furnished with good & steady rental income. (N18) Unit 1, lovely beach level condo with direct access to the beach. \$239,000 US.

Buyers Looking for Luxury & Elegance!(T36) Custom, beachfront condo, two bedroom, two bath, second floor, fully furnished. Nothing compares in class, style or quality. Call for further details

Beachfront Home (A10) 1st level- 6 apts. 1 bedrm/1bath each; 2nd level-3 bedrm/1-1/2 bath; 3rd level-2 bedrm/1 bath penthouse apt. Enjoy your view of the reef & the ocean breezes from your own palapa or snorkel & sun off your 100' dock. \$975,000 US.

Rental property close to the High School and the beach (Z) 50' x 75' lot with one concrete and two wooden rental buildings. \$250,000 US.

Raw Land

San Pablo (U3) This parcel is located right on the canal with direct water access to the San Pedro Lagoon. Includes dock, bodega and water/electric meters. Excellent investment at only \$65,000 U.S.

Large beachfront parcel on the west coast (S56 and S57) More than 7 acres with 2,500' of water frontage on the west coast of Ambergris Caye. Two parcels of land, each 3.8 acres, can be bought either separately or together. \$555,000 US for Both.

Boca Del Rio (H31) Town lot on the main street connecting San Pedro Town with the northern part of Ambergris Caye. Great location for either commercial or residential. \$90,000.00 Belize or \$45,000 US.

Santa Paula (L19) – Secluded lot in the Santa Paula area. 80'x 80'. \$60,000 US.

San Pablo (S46) – 50' x 75' for only \$15,000 US.

Boca Ciega (G31) Beachfront acreage 3.5 miles south of town. 175' beach frontage & 60' lagoon frontage. \$348,000 US. Cash only.

Palm Bay Club (C41) Lot # 111 – 4th row lot, 100' x 100'. Only \$18,000 US.

Basil Jones (S55) Large & Beautiful Basil Jones property with 145' beach front & 400' depth. Can be bought together with back property of 500' frontage & 160' depth. The land is cleared & has a fresh water well. ~~\$600,000 US~~. Price reduction – only \$365,000.00 US beachfront and \$50,000 US for the rear parcel.

Robles (D17) Lot #31A measuring 75' of beach front x 300' & 31B measuring 150' x 300'. Terms available. Asking price for both lots only \$149,000 US. **REDUCED \$139,000 US.**



AMBERGRIS GOLF CART RENTALS
Tel: 226-3455
Email: ambergrisrental@btl.net

SPECTAL!
Monday-Thursday
ONLY \$85.00
Gas Operated Golf Carts
Booked at office only

Located in Angel Coral Street (Back Street) 1/2 block north of football field



Casey and Lauren Trejo stop by Island Perk to enjoy a Mocha Frappuccino.

quaint and cozy coffee corner.

Among the various Espressotini's the "must try" are: The Mocha is an all time favorite with its perfect taste blend. How about trying the After Eight Mint? Fashioned like the after-dinner mint,

the After Eight Mint is a delicious chocolate mint cocktail that one simply must try. It's perfect as a tasty dessert as well. Mixed with a touch of Vanilla Vodka and Bailey's Irish Crème, the Creamy Dreamy truly delights the

taste buds. Once the vanilla vodka is mixed with Orange, you get the unique taste of the French Kiss. An instant hit is The Belizean, a savory blend of Rumpope and Coffee Rum, while the Coffee Toffee has a subtle hint of bananas and butterscotch. These, among the many other Espressotinis – not to mention the ones still being created, are definitely making Island Perk a truly perfect hang out spot.

Island Perk is also using their non-alcoholic flavorings to make Italian sodas for the kids. By mixing soda water with the flavoring of their choice these sodas are a huge hit among the young ones. Certainly there are many things to look forward to when visiting Island Perk.

Island Perk also has a stocked bar selling your favorite mixed drinks. Something refreshing might be just what you need and they offer just that. Always aiming to please, Island Perk has rum punches, panty rippers and even draft beer among the many items to chose from.

Owner Coleen Creeden along with husband Rick Bushong first arrived in San Pedro Town to enjoy their honeymoon in 1993. Since then, they fell in love with the area and knew they would be back to live on the island. In 2000, the couple bought property and has now finally made the move. When asked as to the choice of business, Coleen stated, "When I visited I was always looking for iced coffees. I couldn't find it so I figured other people would be searching for it as well." The couple, from the San Francisco Bay Area, has many plans for this new venture. Among them of course is to expand on their already existing drink list. With the addition of mini-treats to munch on while having your desired drink will definitely attract many more people.

Visit Island Perk today, it will undoubtedly be one of your preferred hang out spots on the island.

San Pedro Fitness Club

POOLSIDE GRILL
OPEN DAILY 10 A.M. - MIDNIGHT

Weekend BBQ Specials!

- ◆ Two lighted tennis courts
- ◆ Poolside Wi-Fi accessibility
- ◆ Walk-in's Welcome!
- ◆ Air Conditioned Gym & Day Spa at Belize Yacht Club
- ◆ Air Conditioned Clubhouse available for private parties
- ◆ Contact gym office at BYC, 226-2683

The Pier "Pirate's Party"

Arrrgh, Maties!
It's Back
Saturday, Sept. 16th
9 PM to Midnight
In honor
of Independence Day

COSTUME PARTY

\$200 1st Prize
\$100 2nd Prize
\$50 3rd Prize



PIRATES GROGG DRINK SPECIALS
Featuring **CRISTAL LITE RUM DRINKS**

Spin the Wheel of Fortune For Prizes

SEARCH FOR "BURIED" TREASURE - LOTS OF LOOT, BOOTY, & PRIZES FROM LOCAL MERCHANTS

LIVE MUSIC 9-Mid.

Don't Miss the Pirate's Party

at the Pier Lounge !!



A Truly Divine Experience

This elegantly appointed restaurant features both outdoor seating and indoor air-conditioned split level dining with high ceilings, local artwork and more. Our wonderfully decorated lounge invites you to enjoy the Island's largest selection of drinks, cool tropical cocktails and martinis.

El Divino

CARIBBEAN STEAKHOUSE & MARTINI LOUNGE

Dinner entrees include...

- Filet Mignon, Garlic Mashed Potatoes with Cabernet Wine Sauce • Pork Chops, Steak, Fries and Warm Apple Chutney
- Pan Seared Grouper, Garlic Mashed Potatoes with Grapefruit Beurre Blanc
- Steamed Local Lobster Tail with Saffron Risotto
- Sautéed Snapper over Black Bean Salsa with Caribbean Citrus Sauce
- Sautéed Shrimp, Herb Pesto Couscous and Flavored Oils

For lunch enjoy...

- Chilled Gazpacho Soup with Shrimp
- Sirloin Burger with Fries
- Fish Fillet Sandwich
- Broasted Chicken Breast Sandwich

Start the day with...

- Eggs Benedict with Smoked Ham
- Belizean Banana Pancakes
- Apple Cinnamon French Toast

Also Offering Daily Specials

Located at Banana Beach on Coconut Drive
226-3892

SEA RIOUS ADVENTURES
Over 15 Years Experience

Specializing in:
Lamanai, Altun-Ha
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Also:
Hol Chan/Shark Ray
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Every Day 9am & 2pm

Tel: 226-4202 / 226-4206 or 614-8818

(Located Straight Down From The Airstrip On The Beach!!)

THE SAN PEDRO SUN VISITOR'S GUIDE

Tourist Information

Belize Tourism Board - 223-1910.
Belize Tourism Industry Association (BTIA) - 227-5717.
San Pedro Tourist Guide Association 226-2391.

Church Services

San Pedro Roman Catholic Church
 Sun. Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m; Mass or Communion Service every night at 7:30 p.m.
Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m.

Lighthouse Christian Radio - 101.3 FM. 226-4673, Cor. Buccaneer & Pescador Drive.

IMPORTANT #s

Emergency 911
Crimestoppers 800 922-TIPS
Police 226-2022
Fire 226-2372

Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.

Lions Health Clinic - 226-4052; emergencies 600-9071 or Hours: Mon.-Fri., 8am to 8pm; Sat., 8am - noon.

Los Pinos Clinic 602-6383 and 226-2686.

Dr. Lerida Rodriguez: 226-2197 or cell 620-1974

San Pedro Chiropractic Clinic 226-4695

Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 600-0287 or 226-2854. Antonia Guerrero - 600-5475 or 206-2152. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. 8-12 and 2-5, Mon. to Fri. Emergencies 226-2555/2918 or 606-3864.

Ambergris Hopes Clinic - 226-2660, Emergencies: 606-2316

US Embassy - 227-7161

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

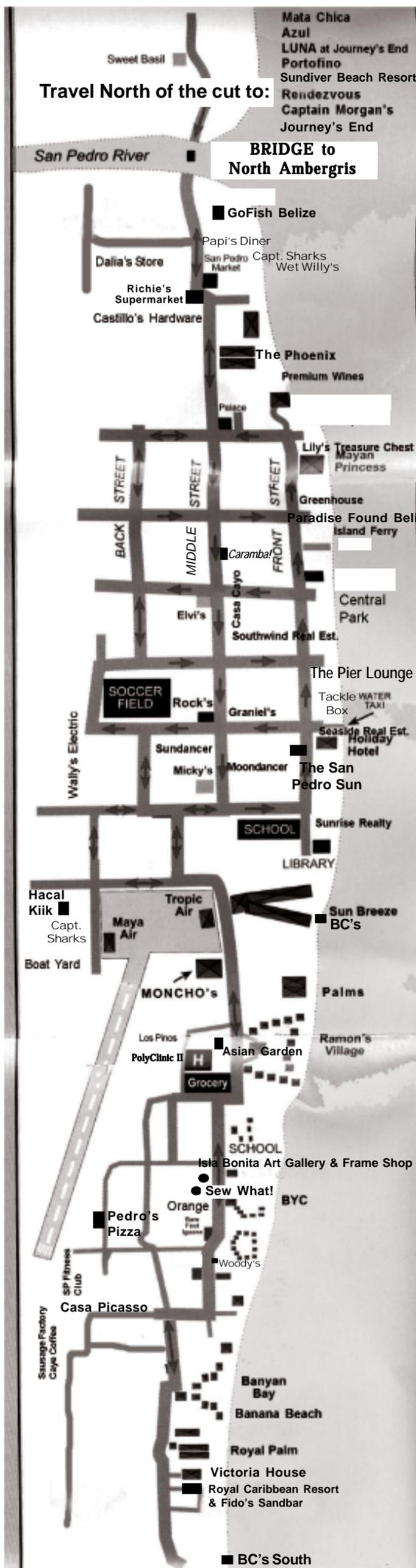
Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

San Pedro AA - 226-4464, 600-9061

Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.



Map Sponsored by
 Monchos
 Golf Cart Rental
 226-3262 or 226-4490



Water, Sports & Tours

SEARIOUS ADVENTURES Are You Ready? Lamanai, Altun Ha, Cave Tubing with either Belize Zoo, Ziplining, or Xunantunich Mayan Ruin, Manatee Watch and Beach BBQ, half day snorkeling and more. We are located ON THE BEACH straight down from the airstrip. Call #226 - 4202/4206 or Cell #662-8818.

SAILSPORTS BELIZE - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 info@sailsportsbelize.com.

SEADUCED - River cave tubing, manatee watch, Robles Beach BBQ, Mayan ruins and more adventures. 226-2254.

SEADUCTION SAILING - First class Day Cruises to Caye Caulker or Mexico Rocks. Beach BBQ or Sunset Cruise. Charters also available. Phone Seaduced at 226-2254.

Real Estate...

SEASIDE REAL ESTATE - Many listings, from raw land to beautiful beachfront homes. We can help you own a piece of paradise. Call 226-4545 or E-mail ambergris@btl.net

SUNRISE REALTY - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: info@SunriseBelize.com

SOUTHWIND PROPERTIES - For all your Real Estate needs. Call 226-2005 or 226-2060 for information or E-mail: southwind@btl.net for current listings.

BELIZE REALTY & BUILDING SERVICES - From raw land to dream home - we're there every step of the way!

PARADISE FOUND BELIZE LTD. REALTY - Land, Homes, Business, Investment. List your property with us. Office at CocoNet Internet. 607-9667 or 226-2835. sdemaio@snet.net

Transportation...

ISLAND FERRY SERVICE & WATER TAXI - Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3231.

MONCHO'S GOLF CART RENTALS - Four & Six seater golf carts available. Open daily 8 a.m. - 8 p.m. We deliver to your room. 226-3262 or 226-4490.

CRYSTAL AUTO RENTAL - Largest fleet in Belize. Offices at International Airport and Belize City. 223-1600, 0-800-777-7777.

Services...

KRYSTAL SHIPPING CO./MASH CO. - We deliver construction supplies all the way to Robles Point! Phone 226-2089 or E-mail: mashco@btl.net

CASTILLO'S HARDWARE - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

Party...Party...Party

THE HOLIDAY HOTEL - Every Wednesday, live music and a fabulous Beach Barbeque 6:30 p.m. - 9:00 p.m. Barrier Reef Dr. 226-2014.

PIER LOUNGE - Home of the "World Famous Chicken Drop" every Wednesday night. Daily drink specials and two-for-one happy hour. Located beachfront in the Spin-drift Hotel. Phone 226-2002.

THE TACKLE BOX - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011.

ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012.

ELVI'S KITCHEN - serving the finest food since 1977. Daily Lunch and Dinner Specials. Caribbean Night on Thursday. Mayan Fiesta every Friday - come try our Maya Buffet. Open Monday - Saturday. Lunch: 11:00 a.m. - 2:00 p.m. Dinner: 5:30 p.m. - 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

CELI'S RESTAURANT ON THE BEACH at the San Pedro Holiday Hotel, serves Great Fajitas,

salads and local dishes for LUNCH. **DELECTABLE SEAFOOD SPECIALTIES** for dinner. **OUTDOOR & INDOOR DINING** 11:00 a.m. - 2:00 p.m. 5:30 p.m. - 9:00 p.m. Beach barbeque every Wednesday night with live music.

LILY'S TREASURE CHEST RESTAURANT - On the beach behind Lily's Hotel. Join us for a cool breeze and the best seafood or USDA beef on our veranda by the sea. 226-2650.

RAMON'S VILLAGE - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

LUNA at Journey's End Resort - Experience fine dining on the beach north of San Pedro. Visit our tropical bar featuring karaoke, dance and fun music. Phone 226-2173.

RICO'S SURFSIDE RESTAURANT - A truly unique dining experience on the beach at Banyan Bay. Serving breakfast, lunch and dinner daily. Phone 226-3739 ext. 135.

PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 226-2047.

MICKEY'S PLACE - Open daily 6:30 a.m. - 10 a.m. for breakfast, 11:30 a.m. - 2:00 p.m. for lunch and 6 - 10 p.m. for dinner. Burritos on Wednesdays. Pescador Drive. Call 226-2223.

BLUE WATER GRILL - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

EL DIVINO RESTAURANT at **BANANA BEACH** - Serving breakfast, lunch and dinner from 6 a.m - 10 p.m. Book your party or banquet today! Phone 226-2444.

RENDEZVOUS RESTAURANT AND BAR - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

VICTORIA HOUSE - International and Island-Style cuisine. Open for breakfast, lunch & dinner. Reservations recommended, call 226-2067.

CASA PICASSO TAPAS + MARTINIS - Small plates, big pastas and fantastic desserts! "Hippest martini spot" - *Frommer's*. Nightly 5:30pm, closed Sundays. reservations 226-4507.

THE TACKLE BOX BAR & GRILL - whether it's a little break from the beach or a whole night out, the Tackle Box is just the place. The kitchen serves a wide array of affordable fresh comfort foods ranging from our big Tackle Box Burgers, special fried chicken, to some of our more local fare and seafoods. And what a better place to enjoy our dishes, than our back porch out over the water.

CARAMBA! RESTAURANT - Local Mexican-Caribbean Cuisine. We cater to large groups! Capacity, 90 total. Opening Hours: Lunch: 11am - 2 pm, Dinner: 5pm - 10pm. 226-4321 or 226-3850. Caramba!: "Is where the food always speaks for itself!" **CLOSED** till September 6th, 2006!

HACAL KIIK - Delectable breads, jams, butters, soups, olive oils, village wines, homebaked pastries & desserts, coffees and teas. Open Daily, 7am to 8pm. 226-3115.

Unique Offerings...

SAN PEDRO FITNESS CLUB - A/C Gym at Belize Yacht Club, Fully-equipped. Open to the public. Tennis Courts, Lap and Family pools, Aqua Fitness and Toning Classes. Open 7am Daily, 8am Sundays. 226-2683.

CAYE COFFEE - Take a taste of our locally roasted fresh coffee back home. A wonderful cup of coffee makes such a great difference in your day. Try it and ask for more. 226-3568.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

THE GREENHOUSE - Fresh Produce & Seafood. Belizean and imported speciality. Fresh herbs, cold cuts, chilled goods plus an exciting selection of groceries. A/C local on Barrier Reef Dr. 226-2084.

THE SAUSAGE FACTORY - Largest selection of smoked meats and sausage on the island. One mile south of town. 226-2655.

CAYE INTERNATIONAL BANK - Offering Demand Deposit Accounts, Loans, Savings Accounts, etc. cibl@bt.net or phone 226-2388.

PROVIDENT BANK & TRUST - Offering a full range of International Banking Services. phone 223-5698 services@providentbank.bz

GRANIEL'S DREAMLAND - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's, Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m.

& Sun 10-12 noon.

DandE's FROZEN CUSTARD and SORBET - If you like ice cream, you will *Love* DandE's Frozen Custard! Delicious cones, shakes, sundaes and splits. Located on Pescador Drive next to Caramba Restaurant. Closed Wednesday. Phone 608-9100.

ISLA BONITA ART GALLERY & CUSTOM FRAMING - art and crafts from Belizean and Caribbean artists + contemporary abstract paintings. Custom framing available 226-4650.

SUNDANCER + MOONDANCER - Unique boutiques featuring beautiful, quality clothing, jewelry and gorgeous gift items for both men (Sundancer) and women (Moondancer). Phone: 226-3126.

CORAL REEF ECOLOGY - Dr. Ken Mattes, TREC Topical Research & Education Center. Lecture every Thursday 7:30 PM. Details 226-3389 Taxi transport 623-8385. (ON HOLIDAY)

ASIAN GARDEN DAY SPA - Certified Therapeutic and Thai Massage practitioners; Hot & Cold Stone Therapy, Body Scrubs, Facials and more in a tranquil Asian courtyard. San Pedro Town, across from Ramon's. Ask about specials. 226-4072.

LAUREN DUTY FREE - The ultimate in duty and tax free shopping. Choose from a variety of name brand liquors, designer fragrances, world-renowned confectionery and exquisite gift items. Located in the PS W Goldson International Airport Departure Lounge. Tel. 205-2344 or 223-2157.



The San Pedro Sun Visitor Guide

EVERY WEEK we print a new edition covering the "good news" about San Pedro and Belize!

Contact the San Pedro Sun for more information.
spsun@sanpedrosun.net
(501) 226-2070
www.sanpedrosun.net





While in San Pedro, a definite must eat at is Papi's Diner!

Papi's Diner

When in San Pedro, a restaurant that is a "must eat at" is Papi's Diner. Located in the outskirts of town, Papi's Diner is a stone's throw away from the

San Pedro High School; it is surely a place worth the extra walk.

Breakfast choices are endless with American or Belizean Breakfasts served with tortilla or fried jack (flour

tortilla dough deep fried), refried beans and ham or bacon. French toast, pancakes or do you need an omelette? Papi's always aims to please.

Lunch and dinner are filled with options for a filling meal complete with appetizer and dessert. Start your meal with a delicious ceviche; conch, shrimp or combo, served with homemade, fresh tortilla chips. Or, bite into some chicken fingers served with a homemade, delicious cocktail sauce or fish fingers with a cold and tasty tartar sauce. Salads are always an alternative as well. Try our plain garden salads or chicken, seafood or chef's salad, all topped with delectable honey mustard dressing, straight from Papi's kitchen.

Lunch and dinner present new choices for a delicious and scrumptious meal. Want some poultry, try the homemade pineapple sauce drizzled over a grilled chicken breast, mmm.... the amazing tropical chicken. Or, try the mouthwatering taste of the beef tenderloin in a creamy mushroom sauce. Meat lover? The T-bone steaks are just right for you. Craving some seafood? Papi's Diner offers the best in fish, shrimp, conch, and lobster. Get them all grilled, sautéed in a garlic and wine sauce, or deep fried. Full meals are all served with a choice of a baked potato, French fries, white rice or rice and beans, also a garden salad or steamed vegetables.

Papi's Diner – taste the Caribbean!

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San Pedro Street Treats

One of the features of life in tropical destinations like San Pedro and other parts of the Caribbean is the sale of in-season tropical fruits, vegetables, candy treats and home made pastries by road-side or street vendors. Usually, they occupy a very small plot of place. In the corner of a street or in any strategic spot along the street where they usually offer special warm dishes, fresh fruits/vegetables, candy treats and much more. During the year, it is a common occurrence to see or spot these vendors making a living by providing us with the very best selection of their produce. Walking the streets of San Pedro, one can take a look at a variety of yummy treats that are on sale, but do we know most of what they are selling? The Sun, took it to the streets to visit the many local street vendors and find out about the yummy treats they offer. Here is what we found out!

The Cashew



The vibrant yellow, orange and red skinned cashew are delicious fresh from the tree. It's sweet yet tart flavor is unique and enjoyed by many.

One of Belize's well known and most popular fruit has got to be the Cashew fruit. Cashew and cashew nut lovers can testify that these are one of a kind and are a superb treat for a quick snack on the go, it is even that significant to locals that every year Crooked Tree in the Belize District hosts its Cashew Fest where cashew is in abundance. This week, *The Sun* features the fruit, its uses, how it is enjoyed and how the nuts are processed.

The cashew tree, *Anacardium occidentale*, or *marañon* in Spanish-speaking countries is generally bushy, and low-branched which may reach 35 feet in height and width. Its leaves, mainly in terminal clusters, are oblong-oval four to eight inches long and two to four inches wide, and leathery. The Cashew fruit is vibrant yellow, orange or red with waxy smooth skins enclosing plump, juicy, fibrous, astringent acid to sub-acid stringy pulp. The taste of the sweet yet tart juice that squirts when one bites into a cashew, slightly dries one's

throat and leaves its tell-tale aroma on the breath.

Every part of the cashew tree can be used: the root is a cleanser (purgative) while the light, water resistant bark is used to make canoes; the antibiotic property of the fruit juice, which is also rich in vi-

Continued on Page 10



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The Cashew Continued from Page 9

tamin C, cures symptoms of the common cold, sore throat, flu and dysentery; the fruit itself treats premature aging of the skin and the nut alleviates cough, hiccup, depression and lowers blood cholesterol; the gum from the fruit stems is a natural repellent against insects and ants while the oil in the shell of the nut is used commercially for varnish, paints, shampoos and conditioners.

Here in Belize, we go the extra mile to prove how much of a money generating crop the Cashew really is by hosting a Cashew Festival that involves, well you guessed it, Cashews. The Cashew Festival held in Crooked Tree in the Belize District is an annual function held the first weekend in May. The festival celebrates the beginning of the Cashew Nut harvest in the village. During the festival, cashews are used to make jelly, cakes, juices, and wines. Crooked Tree has always been "cashew country" but only in recent years has cashew come to be seen as a sustainable, income generating crop. Also common to all yards in Crooked Tree are cashew trees, which resemble Christmas trees with their red, orange, pink, yellow and green appendages illuminated by the sun. There are so many cashew trees that the air gets saturated with their distinct fragrance.

The process of making the nuts so it can be consumed is an intensive prepa-

ration process. First the seeds are roasted in metal pots of which the bottoms are punctured to allow for the highly caustic cashew nut oil to drain. After a few minutes of stirring and avoiding the irritating fumes, the nuts are removed from the fire and left to cool. Each is then cracked individually before it can be baked. After 30 minutes in the oven, the nuts are left to cool for the second time before being shelled and bagged for sale. But with the cashew fruit itself, nothing is wasted; the ripened cashews are plucked from the tree and the stalk or peduncle is removed to make stewed cashew, preserve, jam or syrup. The stewed cashew can then be used for cookies or cakes. The cashew nuts, which are the true cashew fruits, can be used to make fudge and other pastries, cashew spread or cashew butter while the refreshing cashew juice is the precursor of the ever popular anti-depression agent cashew wine. Of course



Nothing is wasted! Cashew nuts are a crunchy treat and the wine is commonly sold in commercial markets.

villagers who in recent years have begun supplying cashew wine to a local distillery would cringe at the thought of losing the more profitable barrel of wine to vinegar.

The fruit is not a common fruit here in San Pedro but the nuts are popular and sold at several stores and fruit stalls around the island. Join us next time as we feature yet another island street treat.

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Wolfe's Woofers by Dennis Wolfe

Intelligence Test

"Hey, Don," I said. "How're you doing?"

"Pretty good," Don said. "What's going on? Who's the guy with the crowd of people around him?"

He pointed toward the corner of BC's Bar that I had just left.

"Oh, he's a famous psychiatrist from New York," I said. "He was explaining how a psychiatrist can usually tell a person's mental condition just by asking two simple questions."

"It's true?" Don asked.

"He says they can," I told him. "I asked him to try it on me. For the first question, he asked me what would happen to me if he poked one of my eyes out."

"What did you tell him?" Don asked.

"I told him I would be half blind. Then he asked what would happen if he poked both my eyes out and I told him I would be completely blind. He said that from my answers he can tell that my reasoning ability is sound so I am probably mentally stable."

"Hey, those is good questions," Don said. "I may try having him ask me some."

"I don't know about that," I said. "I don't know if a standard intelligence tests work with Cajuns."

I returned from the bathroom just in time to hear the doctor say, "O.K. Mr. Seruntine. For your first question I would ask; what would happen to you if I cut off one of your ears?"

Don thought about it for a minute and then said, "Dat would make me half blin'."

The doctor looked a little puzzled.

"Uh. O.K." he said. "What would happen to you if I cut off the other ear?"

"Den I would be total blin'," Don said.

Now the doctor looked completely mystified.

"Mr. Seruntine," he said. "Can you explain why that would make you blind?"

"Well, hell, Doc," Don said. "My dam' hat would fall over my eyes."

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Belizean Proverbs

~Bad ting neva gat owna.

~A bad thing never has an owner.

~Meaning: People never assume responsibility when something goes wrong.

Grama use fu seh...
Grandmother used to say...

Trivia Tidbits

*Raw broccoli, cup for cup, has twice as much vitamin C as an orange and almost as much calcium as milk.

*The word SILENT contains exactly the same letters as the word LISTEN.

*The gastric juices of a snake can digest bones and teeth — but not fur or hair.

*The Salto Alto (Angel Falls) in Venezuela is the highest waterfall known. It is more than twenty times higher than Niagara.

*The mineral content, porosity, and general makeup of human bone is nearly identical to some species of South Pacific coral. The two are so alike that plastic surgeons are using the coral to replace lost human bone in facial reconstructions.

*Each year, more than 300,000 American teenagers become afflicted with some form of venereal disease.

*A donkey is an "ass," but an ass is not always a donkey. The word "ass" refers to several hoofed mammals of the genus Equus, including the Onager.

*In 1918 and 1919, a world epidemic of simple influenza killed 20 million people in the United States and Europe.

*The average worker in Japan reportedly takes only half of his/her earned vacation time each year.

*The Secret Service's code name for Barbara Bush was "Tranquility." President Bush was known as "Timberwolf."

*Nanotechnology has produced a guitar no bigger than a blood cell. The guitar, 10 micrometers long, has six strummable strings.



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